THE RELIEF OF PAIN -

CULINARY

BY MRS. KINGSLEY.

RDERING dinner is a trial and tribulation to many women, while to others it means but a five minutes interview with the cook, who has already written down the proposed bill of fare for the day. But to persons of moderate means who cannot afford to keep experlenced cooks, and with whom the house bill bogey is ever present, ordering dinner is an important part of the day's work, for it depends upon the manner in which it is done if good. well served food and reasonable bills or waste and extravagance, often accompanied by bad food, are the result.

The mistress should first inspect the contents of the larder and take note whether it is clean and if the various provisions are properly disposed of She should then see how far the stock of food in hand will go toward com-pleting luncheon, dinner and the succeeding day's breakfast. This done, the new orders should be given, still with a view to what will be again left over, for it is in the making good use of the remains of dishes that the secret of economical catering lies,

If the mistress makes a practice of going to the kitchen at a stated time. arranging for the meals for that day, for the following day's breakfast, and in skeleton form for the next day's lunch and dinner, ordering supplies and looking up recipes if necessary, she should then be able to leave the cook to her own devices; but many housekeepers make themselves and their families uncomfortable because they give their orders in an erratic fashion at all hours of the day, so the servants never know what to be at.

They cannot realize the difficulties experienced by servants in ill-regulat-ed households or they would not run their households in such a haphazard way. Stores should be given out at regular times and the menus thought out to some extent in advance, and each servant should be told what guests are expected, and if hours of meals, etc., are changed so that due preparation may be made



about ten inches long, or about finish. three-quarters of your neck measure, overcast it to a strip of lawn of the same length, join by a strip of black satin or velvet sewed to one side, and snap fasten to the other side under work. That feeling is en-

very delicate, care should be taken not mildly stimulating. to wet more than is possible and to have the iron only warm. Peach stains can be removed with glycerine: Let it stand for a while and then rinse.

ened shoulder line.

N excellent exercise to straighten round shoulders-good for girls or women who have to sit a great deal-is performed

arranged in a triangle. A new idea for tailored gowns is to combine a cuff of this kind with a hanging sleeve. This is done by attaching the low portion of the cuff underneath the edge of the sleeve, while the longer upper portion assumes its normal position on its face secured by one or more buttons. Of course for this the upper edge of the cuff is to be cut in

NIONS are such a delicacy these days that it seems hardly fair but little. to use them for mere purposes of flavoring. If you are so fortunate as to possess a back yard, probably you have been annoyed by the little tufts of garlic which come up each year and are so hard to get rid of. Be annoyed no longer-for garlic the mouth and the nose when the roots are a most satisfactory substi- condiment is taken too freely at a chased at a paint department, she retute for their a ristocratic cousin, the meal. This oil is not in the dry mus- moved all the hideous greenish-brown

needle have done even this. Fancy the water is hot it quite prevents the two days. Then a wet piece of felt prettiest organdle bags are made of allow to stand closely covered for five dull finish. point faced with a piece cut to fit it, on the poultice.

HE most up-to-date variation of and on these turned over pieces of the the high neck band is the Na- organdie appears the tracery of goldpoleon collar. Make a strip colored floss that is to give the final

grant by the addition of a muslin bag OFFEE stains can be removed of powdered orris root, about a tablefrom table linen and from the spoonful in a bag, and a dessertspoonmost delicate silks by brush- ful of tincture of benzoin, which is a ing the spot with glycerine, balsam. The aromatic and perfumed Rinse with lukewarm water and press atmosphere that reigns in your bath on the wrong side. If the material is room as the delicious, soothing and

HE reason laughter improves one's health and looks is that it improves the circulation by ANY attractive frocks are made blood bounding through the veins. This with the bolero jacket, which is the benefit of all laughter if hearty is frequently of a different enough; it causes deeper inspirations, color from the frock. For ex- calling into active use every part of ample, a little imported model of gray the lungs, favoring an increase of lung crepe and tulie had alternate bands of power, and thereby developing a crepe and tulle which ran lengthwise healthy chest. When the chest and of the skirt. A bolero, loose at the breast are lifted and expanded the lower part and with large revers of sagging, weeping-willow lines of the the crepe; was made of changeable taf- face disappear. Therefore, laugh a feta. The sleeves showed the length- little every day. Laugh and live long and keep young.

OW refreshing is a good stretch. by placing a thin stick or wand across our first impulse is to throw the head the back and letting it run out through back, stretch out the arms above the bent elbows. The arms should be head and yawn-which is the same bent so that the hands rest on the thing as taking a deep breath. Now, chest. Keep the arms and shoulders this is a perfectly natural desire; it pressed back and down and walk about is as nature intended. All animals the room in this way for five or ten stretch their limbs on awakening ANY cuffs are edged with a nar- man beings were to watch the domesrow frill and most have trim- tic cat or dog rising from sleep and ming of a sort, about the sim- do likewise we should feel much liveplest being a trio of buttons lier and more fit for the day's toll.

> home seamstresses can make one in a right size and cut from crepe de chine or one of the wash satins, made with exquisitely dainty garment and costs

HE commonest error in making volatile oil; the same oil hat stings decided to do her own painting. AINTING the lily is not more the manufacturer. When the mustard sandpapered the surface lightly and delicate work that the im- is wetted with cold water these act applied a second coat. When this was proving of organdle, but we- on one another and produce a third dry she put on a coat of French gray men who are artists with the material-the volatile oil. Now, if enamel, which she allowed to dry for work bags have been made of this formation of the oil, so the mustard sprinkled with rotten-stone was and each blossom has been first out- property. To make a mustard poultice after which a second coat of enamel with a decorated border in blue, and a large square; the casing describes a minutes. Then you may spread on

VERY one knows the comfortable feeling which results from a hot bath after a hard day's

says a beauty writer. On awakening from a sound sleep or after an hour's close study from sleep and man is but a higher form of animal. If we unnatural hu-

HE combination garment known as the "Teddy Bear" seems to grow in favor. Perhaps its popularity is due to the fact that even the least accomplished of very short time. Get a pattern of the were thrown into the scrap heap with a neck V-shaped back and front, and trim with a bit of fine lace. It is an

a mustard poultice is to use hot water. Why does mustard lected. tard. In the dry mustard are two finish from the furniture. Then she put chemicals, put there by nature, not by on a coat of gray paint, let it dry,

Avoid Restrictions of Tight Clothing

DECORATING THE HOME reduce or prevent the occurrence of

BY MRS. McCUNE.

OUSEHOLD decoration has made such great strides during the last five years that there is no excuse today for jurious in this connection. any ugly home, no matter how humble it may be. As a matter of fact, very few houses, even those of the hot bath, or any hot drink may give smallest proportion and poorest char- relief by drawing the blood to the suracter, are ugly, for women have been face of the body. Half a teaspoonful quick to take advantage of the oppor- of essence or syrup of ginger in a cup tunities offered them and have beauti- of hot water will also often be found fied their homes at very small ex-

The hideous furniture of several decades ago is seldom seen nowadays, phragmand other abdominal muscles and in its place have come modern re- and improve the general circulation. productions of lovely old deces. All the beauty of line of the antique mod- by placing a heated platter, flannel or els is preserved in the modern copies, a hot-water bottle on the abdomen. and instead of the huge proportions we have instead small, compact pieces which fit into the restricted surround- the floor. Rest your arms at your

ings of the average modern home. come down to her from various mem- See how far you can lift your hand in home the up-to-date touch which it so and then see how far you can lower strain of the trip. needed. The "knicknacks" very few exceptions but the furniture, the hand should be more deliberatethough ugly, was saved, for the rea- ly and more thoroughly done than the well again. son that this wise housewife saw in it raising of the hand, because it is more possibilities of beautification.

She decided to give a coat of paint to As her household allowance ness woman is unable to cure herself earning power." work good? On account of a was limited, this amateur decorator of pain by means of this exercise, by

First, with the aid of an acid pur-

with the buffet. This was hung on the the room .

Efficiency for the Woman Worker. BY EDNA EGAN.

self able to stand pain to which you are accustomed, do not practice such heroism. It will decrease your workwomen is interfered with by ing efficiency, rob you of your chances for advancement and possibly deprive you of your means of larning a livelihood, as well as of your health and

HEALTH AND HAPPINESS

the fact that they are suffer-

try to build up your general health.

beneficial. The best method of over-

coming this pain, however, is by pelvic

exercises, which strengthen the dia-

beneficial in overcoming pain.

very good effect,

ical activities to

THE COOK STOVE

such heroism may be admired, the business woman should remember that an employer pays salary for the efficient performance of duty and no woman can render efficient service when she is in pain. For the sake of her position, as well as for her own sake, every business woman should HY is it that I burn out so many sets of stove linings?" some-Let me tell you. Use a little more care than you have been using; watch and see that a clinker is not allowed to form seek at all times to be free from pain. To prevent the outset of this pain on the lining, and if one does form remove it carefully with the poker. At See to it that you get sufficient sleep and rest and do not overwork. See night the fire box should be even full of coal after raking out all the dead also that you digest your food properly and that you are not constipated. Make certain that you do not chill your body by sitting all day in shoes or skirts which have been wet by cinders and ashes in the range. Never fift your stove with coal above the top of the lining. Never use a shaker when it is possible to avoid it; instead use the poker freely and you will have storm, or by wearing insufficient clothing at the neck or at the feet. a better fire and use less coal. Shaking the fire brings it down into a solid You need not decrease or vary the mass and the air cannot circulate do not stir it over the top or put in this pain. Whatever you are accuswood, but rake out the cinders and tomed to, you may continue to do, but open the drafts. At night do not close any increase in your physical activities the drafts as the coal for the night is may be injurious. As dancing is in the put on, let it burn a short time until case of most a comparatively infreit is warm all through. There is then quent indulgence it is considered invery little danger of gas, even if the stove is a poor one, and always run When you suffer pain you may obthe range so that you can get all the tain relief in one of three ways. A heat needed without having the top redhot, as this will warp the covers.

THINGS

T is the little unimportant things that conquer us and bear us down. This is an old truth, but it is necessary to Relief from pain may also be gained realize it once in a while for the purpose of tackling and getting rid of the small torments.

Empty the bladder and loosen all found in old furniture, which were tight clothing. Lie on your back on and was obliged to give up her work One girl had a nervous breakdown suited to the high ceilings and big a couch or on a rug on the floor. Draw for over a year simply because she had rooms so fashionable in bygone days. up your legs by bending your knees to change three times on the route she and sliding the soles of your feet along took daily to and from her work. She was obliged to hurry from car to car, sides and relax completely. Rest the to crowd in with many others, and oft-One woman determined recently to tip of your foreinger lightly on your en she missed her connections and was get rid of the hideous collection of abdomen just below the umbilicus, obliged to wait in all sorts of weather 'knicknacks" and furniture which had without exerting the slightest pressure. for the next car. It wasn't the weather, however, that brought on her bers of her family, and to give her this position by lifting your abdomen, breakdown, but the constant nervous your hand in this position by contract-

When she went back to work she

"It was something of a problem to change my residence," she said, "but This exercise generally lessens the when I found that a little thing like the dining room set, which was on pain, and in very many cases the pain catching or not catching a car every good plain mission lines, but was hid- may be cured permanently by per- day was going to smash my ability to eous in its dark greenish-brown col- forming this exercise every morning earn I decided that moving was not oring. French gray was the tone se- for five minutes for a year. If a busi- too big a price to pay for health and

> When a big trouble comes you sumcareful attention to the bowels, by the mon all your power to make the best practice of deep breathing and by at- of it. You should regard in the same tention to protection against chills, way the many small things that may by improper or insufficient be crushing you. Cure them or bring clothing of the feet or the throat, she your philosphy to bear and conquer should consult a competent physician. their power to harm by understanding face. However well you may believe your- and facing them.

It may be high heels that are mak- sun-burned skin as fresh milk. ing you nervous and fretful. It may wall back of the buffet and gave a be the color of your wall-paper. may easily be some part of your that bores or annoys you. The little For the dining room floor this housethinnest of crisp party dress materials, does not acquire its most valuable rubbed over the enamelled surface, wife bought a Colonial rag rug in gray things are as the sands of the sea. Don't allow yourself to be smothered lined with untwisted silk floss. The mix the powder with cold water, and was applied. This was rubbed to a at the windows she hung the most by them; don't let yourself undervalue body must be entirely free from tight burn, that it will in almost every case adorable drapery, consisting of cheese- their power. After all, you are bigger clothing or corsets. The sideboard, with an ugly look- cloth dyed to a soft shade of old blue, than they, and if it comes to a show- knows how to hold her head up, how ural condition and that in ninety-nine huge circle and is an inch-wide bias hot linen, or some other material. If ing glass back, was made into an up- A few pieces of old blue and white down you will win-unless you fool to look straight at a person to whom cases out of 100 there will be no scar. strip of the material. The four coryou wish to prevent adhesion to the to-date buffet by taking off the back and china on the softly tinted bluish-gray yourself by saying. "Oh, a little thing she is speaking has mastered one of But it is "an old woman's remedy."

ners form a petal-like heading, each skin well oil the part before putting painting the frame gray to correspond walls added the last quaint touch to like that can't be what's knocking me the secrets of attractiveness. Get into

NEW STYLES IN COIFFURE quite easily.

BY LUCILLE DAUDET. pay as much attention as possible to the arrangement of her hair,

Making a smart appearance on a small income is generally only a matter of common sense plus a certain degree of wit, but women are often woefully ignorant, or careless, and the result of both conditions is a most un- defined parting which is so becoming

lovely appearance. made important by the new hats which is giving way decidedly to greater once more disclose the fact that one height than we have seen for some has hair. The greatest simplicity of time. The Parisienne rarely follows coiffure prevails this season. Gone a low hair-dressing for more than a are the claborate twistings and puff- short period, and then only under proings and paddings of former days, but test, for the charms it possesses are gone, too is the pronounced swathing not those which appeal to her. There of the head which failed of the sim- is, too, on this side of the Atlantic a plicity it pretended merely because no decided tendency to raise the coffure. hair endowed by nature could possibly the clear line of growth at the back-

be arranged in such a way. The aims of the latest styles is to the reverse.

present a completely "natural" ap-pearance, to show the shape of the head and the growth of the hair, and to make no suggestion of much time and care having been bestowed upon the arrangement. Nor is this an illusion, for the coiffures which have the hall mark of good form upon them are really simple, arranged quite quickly and—once the knack is attained—

A Hot Platter is a

Substitute for a Hotel

Of course, their success depends on the condition of the hair, which is nat-HEN one has only a small urally brought into greater prominence amount of money to spend up- by the simplicity of the colffures. on clothes, it is necessary to Smoothness and a silky gloss are required, together in the majority of cases with big undulations, which the clearness of her complexion and hardly come under the common designable the other minor details of good-dressing. hardly come under the common designation of "wave." The first two conditions are purely the result of care, and in some cases of tricks of treatment.

Partings are seen in the great majority of the ew dressings, varying in length from the merest break on the foerhead at side or center to the well to many types. But the long parting The question of hair-dressing is usually means a low dressing, and this which may be so pretty and, alas! Also



own massaging. To take off flesh use more deeply. You will acquire a it heavily; to put it on, lightly.

pointments. It will soften drooping helplessly forward. water for washing, is better than most soaps for smoothing and whitening the skin and is excellent to dust dry on perspiring hands.

But two pinches of the latter should be used to a quart. In this, also, extreme care must be taken not to get it into the eves.

TYES are occasioned by the iring your abdomen. The lowering of moved close enough to her office to ed as soon at the puss is formed, for ought to be a necessary part of the dewalk to and fro each day. Now she is they will not get well so long as the sign. puss remains.

HIN arms should be washed twice a day with a one lather of soap, rinsed well, dried thoroughly and then rubbed vigorously. This treatment will bring every night, the face then rinsed in the pores into action and induce a healthy condition of the skin.

ARM milk is soothing to one's face after being out in the hot sun. The face is washed with the hands dipped into the milk, and the milk is patted dry on the The milk may be either sweet or sour, for whey is as soothing to a there can be no simple remedy for the

before retiring. At both hours the the very best possible dressing for a

F a professional masseuse is out neck against the collar, with the chin of the question invest in one well up, and it will make for grace of the Japanese ball and cup and bette: health at the same time. arrangements and do your Unconsciously you will breathe better, graceful deportment and escape the chest ailments so many girls contract BOX of fine oatmeal should be by a bad habit of going through life an institution of the toilet ap- with chin sunk on chest and shoulders

RY rubbing the chest, back and sides of the body with a handful of mustard and flour (say about one part mustard to two NE remedy for thin eyelashes is of flour) is a good remedy for a cold said to be to wash them each on the chest. The mustard draws a night without drying in a con- little, but not nearly so much as a coction of water and walnut poultice, while it is a far more agreeable application.

LOW neck to be artistic should look like a necessary part of the construction. Most evening gowns have the appearance of ritation of the hair follicle being made like any other dress and out of which an eyelash afterward cut out as low as the law springs. They should be open- will allow generally. The decolletage

> HERE is nothing known to science that will remove enlarged pores unless the skin is kept scrupulously clean. A warm, soapy facial bath must be taken several clear waters and a good skin food applied. A mere wiping of the face with a wet cloth is not washing it.

HYSICIANS, surgeons and hospital attendants are never weary of experimenting on the treatment of burns, says a writer. They seem to believe that results of accidents of this sort, and therefore there must be all sorts of ITHOUT doubt the best time for chemicals and compounds and ado taking physical exercise is in about burns. They do not appear to the morning before dressing. know or will not believe that a simple Another favorable time is just paste of fresh lard and wheat flour is The girl who restore the burned portion to its nat-



The World Could Manage to Rub Along Without Us, But We Are Rather Glad That It Doesn't

